



**Grand Blanc Community Schools**  
**Made without Gluten Menus**

**Please contact the kitchen manager for order information**

**Carbs (g.)**

**Breakfast**

Lucky Charms Cereal (23g) & String Cheese (1g)  
Honey Cheerios Cereal (22g) & String Cheese (1g)  
Blueberry Muffin (39g)

**Lunch**

Turkey Sandwich (*bread 40g, turkey 3g*)  
Ham Sandwich (*bread 40g, ham 1g*)  
Chef Salad (*cheese 1g, lettuce 2g, tomato 1g*)  
Ham and Cheese Bagel (*bagel 47g, cheese 1g, ham 1g*)  
Grilled Cheese Sandwich (*bread 40g, cheese 4g*)  
Hot Dog (*bun 47g, hot dog 1g*)  
Sun butter and Jelly (*bread 40g, sun butter 7g, jelly 13g*)  
Hamburger (*bun 47g, hamburger 2g*)  
Cheeseburger (*bun 47g, hamburger 2g, cheese 1g*)  
Nachos –seasoned beef, cheese, chips, lettuce, tomato, salsa  
(*chips 40g, beef 3g, cheese 1g, lettuce 1g, tomato 1g, salsa 4g*)  
Cheese Pizza (*crust 29g, cheese 1g, sauce 5g*)  
Lentil Pasta with Beef Marinara Sauce (*pasta 40g, sauce 12g*)  
Pepperoni Pizza Pocket (38g)

*All meals include fruit, vegetable & Milk Selections*  
*Students MUST select a fruit or a vegetable for a complete meal*

**Contact your school manager for ordering!**

Anderson	810 591-5837	McGrath	810 591-5836	High - East	810 591-1696
Brendel	810 591-6140	Myers	810 591-3013	High - West	810 591-6370
Cook	810 591-7914	Perry	810 591-6084	East Middle	810 591-4722
Indian Hill	810 591-4113	Reid	810 591-7130	West Middle	810 591-8388
Mason	810 591-7878				

**YOU must have signed medical documentation to receive these meals**

*This institution is an Equal Opportunity Provider*